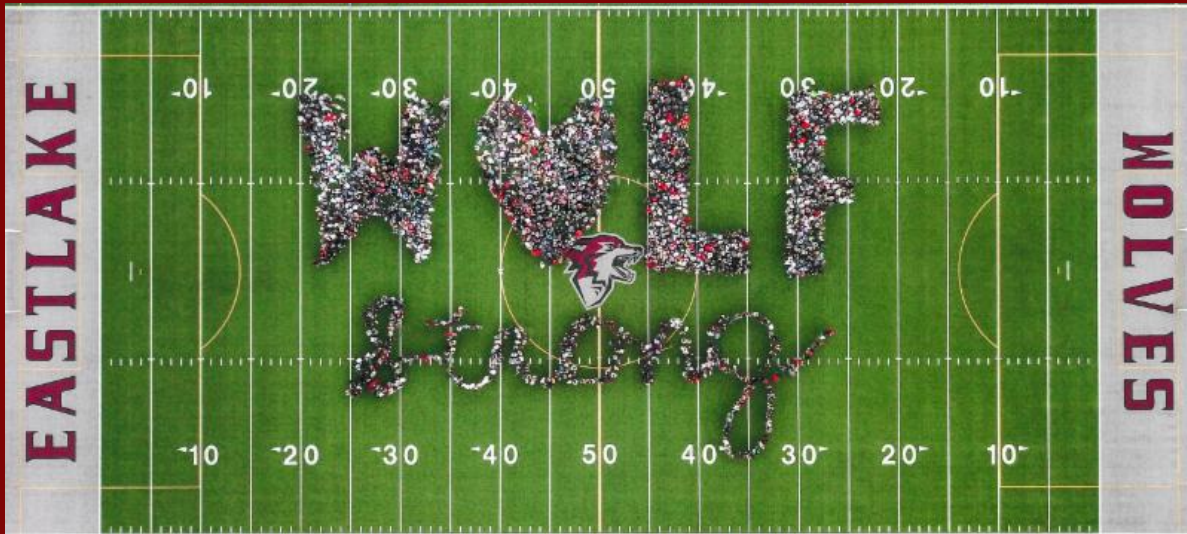




Lake Washington School District

# Eastlake High School

400 228th Ave. N.E., Sammamish, WA 98074 | 425 936-1500



Eastlake Credo: At Eastlake, through intentional actions, we create an environment where students and staff feel safe, appreciated and loved. This is Eastlake. This is home.  
This is family. **WSPS.**

Dear Wolves,

At Eastlake we support students in all facets of their education – academically, socially, emotionally, and behaviorally. To that end we create and implement curriculum in both formal settings like classrooms and informal settings like assemblies and conversations with students. We also give Sophomores and Seniors the Healthy Youth Survey on even years to track behaviors and intervene accordingly. You can find the 2018 Eastlake Healthy Youth Survey data results [here](#).

One of the alarming trends we’re seeing is a rise in the frequency students are using e-cigarettes and vaping devices. In reviewing our vaping data from the last four surveys, you will see a significant increase in student use:

*Have you used an electronic cigarette, also called e-cigs, or vape pens in the last 30 days?*

Year	Sophomore Use	Senior Use
2012	2.4%	3.9%
2014	20.9%	18.0%
2016	16.3%	27.7%
2018	24.7%	31.6%

There are numerous articles online and you may have seen more news articles recently about the dangers of vaping. In talking to students, most don’t think vaping is harmful and that it’s “only flavored juice.” Unfortunately, as more students suffer the harmful effects of vaping, more information is coming to light and we want to partner with you as we all try to reduce student vaping.

Attached is information from the [Centers for Disease Control](#) that includes a wealth of information you can review and also discuss with your student. You can access additional resources about vaping through [Healthychildren.org](#)

All Freshmen receive instruction in their Health & Fitness class about the dangers of

vaping and we know more education is needed beyond just one class at the beginning of their high school career.

We will continue to provide information and education and appreciate your partnership as well.

Please let us know what questions you have and additional supports you need.

WSPS

Robert Johnson , Associate Principal

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## News From The Den

### Daily Schedule

Week of September 30th daily schedule [here](#). For a list of all Eastlake daily bell for the 2019-2020 school year [here](#).

### PowerSchool Learning Support

PowerSchool Learning is a Learning Management System (LMS) chosen by the Lake Washington School District as a digital learning environment for classroom communication and collaboration. Parents may review student class announcements, assignments and calendars for those classes with PowerSchool Learning sites. For more information on how you access PowerSchool visit the [LWSD Powerschool information page](#).

### Attendance Office Tips:

Did you know...? If you have a DOCTOR'S NOTE that covers your child's absence, that absence will not be counted in your child's Semester Totals. If there is no doctor's note because of the common cold, headache, general sickness, etc., that absence can still be excused by a parent or guardian, however it will be included in the Semester Total count.

More information regarding attendance procedures is located in the Eastlake Student Handbook.

### PSAT 7:30 am on October 16th:

All 10th graders will take the PSAT and do not have to register (Cost- Free to you - paid for by LWSD)

Any 11th grader who is interested in taking it may register by going to the Bookkeepers window. The deadline to register is October 9th. (Cost- \$17 No refunds)

### Reflections Art Contest

The Reflections Art Contest is happening now! This year's theme is "Look Within". There are 6 categories to be judged: dance, film, literature, music, photography, and visual arts. The district will not be accepting any 3D artwork this year. You can pick up your entry form in the front office. All entries are due back to the Eastlake office by October 25th.

### Library News

Parents please encourage your students to run updates on their laptop at school next week during a time at school where they can accomplish the following. If they don't do this before they leave campus Friday October 4th they might have their school day interrupted on Monday October 7th when the updates will run on laptops if they haven't updated yet.

## Laptop Updates for Students

On Monday October 7th students who have not run updates on their laptops at school will have the updates run and this could interrupt your school day with technology. To avoid this happening do these steps some time before you leave campus Friday October 4th.

1. Use your charger to plug your laptop into a power source
2. Type in "Software Center" to the lower left hand search bar
3. Open the Software Center
4. From the drop down menu choose "Updates"
5. Click all updates and then choose "Install Selected"
6. While they are running do not close your laptop lid or turn off your laptop
7. This could take 30 – 60 minutes
8. When all have installed re-start your laptop



## Eastlake Umbrella Brigade

Fall is here and the Eastlake umbrella brigade helped keep students dry as they arrived for school on Wednesday.

WSPS

## Eastlake Club News

### National Honor Society

National Honor Society applications are due Friday, October 4th by 3pm. The applications are digital and only available through the NHS Power Learning Page. All returning members and new applicants are required to apply by the deadline. Please email [Mrs.Okroy](#) & [Ms. Ruge](#) for details.

### Athletics

**Eastlake Sports Week of September 16th-** recap [here](#). Recap for the week of September 23rd [here](#).



**Fall Sports schedules and standings** - Visit [Kingcoathletics.com](http://Kingcoathletics.com) to view.

### Winter Sports Alert

Now is the time to begin the process of taking care of registration thru FinalForms for Winter Sports. For those of you who are new to the high school athletic program, here are some important things to note:

- Basketball is a CUT sport which means the first two to three days of practice are used to evaluate all of the participants.
- Boys' Basketball has traditionally had three teams; a VARSITY, Junior Varsity and a C-Team.
- Girls' Basketball has traditionally had enough players for two teams; a varsity and a junior varsity.
- Practices for high school sports are typically held six days a week and attendance at practices is required. Rules prohibit allowing a student/athlete to miss practice other than for illness or family emergencies.

- Boys' and Girls' basketball, wrestling, gymnastics as well as boys' swim and dive all practice over Thanksgiving break as well as holiday break (December 21 thru January 5).

#### **Dates for your calendar:**

- **Boys Swim & Dive** Preseason meeting – Wednesday, October 23 at 12:30pm in room C121
- **Gymnastics** Preseason meeting – Wednesday October 8th at 1:00pm Upper Commons
- **Boys Basketball** Preseason meeting – Monday November 4th 2:30pm in the main gym.
- **Girls' Basketball** Preseason meeting – Wednesday October 9th 12:30pm room D224
- **Wrestling** Preseason meeting has already taken place. There will be a PARENT Meeting for parents of prospective wrestlers on Monday, October 7th at 7:00pm in the Eastlake Upper Commons

#### **Winter Sports Start Dates**

- Gymnastics – November 11
- All other winter sports begin on Monday, November 18

For more information on our athletic program, and how to register for a sport please visit: <https://ehs.lwsd.org/athletics>

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## **Counseling, College & Career News**



### **Eastlake College and Military Visits**

**Visiting the week of 9/30-10/4:** [Franklin and Marshall College](#), [Linfield College](#), [Santa Clara University](#), [University of Oregon](#), [Southwestern University](#), [Occidental College](#), [Northwestern University](#), [The College of Wooster](#), [University of Southern California](#), [University of California-Los Angeles](#)  
Review the full college visit [calendar](#) and [sign-up](#).  
Review the full Military visit [calendar](#)

### **University of California-Los Angeles (UCLA) Visits Eastlake**

**Wolf Time A Friday, October 4, 2019, Eastlake Theater**  
Students sign-up on FlexiSched under "Counseling McGuigan"

### **College Application Working Session**

**Wolf Time B, Friday, October 4, 2019, College and Career Center**  
Students sign-up on FlexiSched under "Counseling McGuigan"

### **Eastlake Financial Aid and Scholarship Night**

**Wednesday, October 2, 2019, Eastlake Theater**

This event is open to the entire Eastlake community. We'll review what financial aid is, how to apply, and how to find need-based and merit-based scholarships with the help of a financial aid expert.

### **Area Events**

See area college and career [events](#) happening soon.

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## **PTSA**

### **Join and follow the Eastlake PTSA!**

We partner closely with our PTSA by aligning our goals to support and enrich our students' experience at Eastlake. Please sign up to become a member of our PTSA and add your support to our effort! By becoming an EHS PTSA member, you are adding your voice to all WA State PTA members in advocating for our students. You

can join online [here](#).

PTSA also shares information over multiple channels to help keep you informed of all that is going on. Sign up for their Wolf Tracks [here](#), and like/follow their [Facebook Page](#). In addition, you can find support from other Eastlake parents in the [Eastlake Parents Facebook group](#), managed and moderated by our PTSA.

If you are interested in joining the Eastlake PTSA as a board member or chair, their open roles are posted [here](#) and they will love to hear from you!

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[ACADEMICS](#)

[ACTIVITIES](#)

[ATHLETICS](#)



400 228th Ave N.E.,  
Sammamish, WA 98074

[Calendar](#)

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